

SOME BEST WAYS TO QUIT SMOKING

The cigarette smoke that you inhale carries more than 4000 chemicals, of which at least 250 are known to be harmful and more than 50 are known to cause cancer. According to a fact sheet published by WHO, tobacco kills nearly 6 million people each year. More than five million of these deaths are the result of direct tobacco use while more than 600,000 people die due to second hand smoke.

Although a lot of smokers are aware of the hazards of smoking, they face difficulty giving up their addiction. Even repeated attempts to kick the butt fail after a few days by giving in to the urge of having that one last drag. Though whatever may be the reason for people to start smoking, they have problem quitting it mostly due to stress at work and in personal life. The chemical composition of a cigarette calms the mind and gives temporary relief from stress, thus giving smokers a reason to cling onto the addiction.

"The single most important factor for people who successfully quit smoking was the belief and confidence that they could do it. There is no magical quick fix. Do it when you really decide you want to do it."

Believe that making the decision to quit smoking is right

The Health Belief Model, a psychological model used to treat and predict general health behaviors, says that you will be more likely to stop tobacco use if you:

- Believe that you could contract a tobacco-related disease, and this worries you
- Believe that you can make an honest attempt at quitting
- Believe that the benefits of quitting outweigh the benefits of continuing
- Know of someone who has had health problems as a result of their tobacco use.

Get ready

Once you've made the decision to quit, you're ready to pick a quit date. This is a very important step. Pick a specific day as your "Quit Day." For instance, you could set a quit date 2 to 4 weeks from now so you'll have time to get ready. Now gear up to the day you will be rid of your habit. Get rid of ALL cigarettes and ashtrays in your home, car and place of work. Don't let people smoke in your home. Review your past attempts to quit. Think about what worked and what did not. Practice saying, "No thank you, I don't smoke."

Get support and encouragement

You have a better chance of being successful if you have help. Tell your family, friends and coworkers that you are going to quit. Ask them not to smoke around you or leave cigarettes out where you cannot see them.

(1) Get medication and use it correctly

Medicines such as **BUPROPION** help some people stop smoking. These medicines do not contain nicotine, but help you resist your urges to smoke.

(2) Yoga to quit Smoking

1. Kapal Bhati pranayama (Skull Shining breathing technique)

Improve blood circulation, energize nervous system, rejuvenate brain cells and calm your mind by doing the Skull Shining breathing technique. This pranayama also clears the nadis (subtle energy channels) and helps resist the urge of smoking.



2. Nadi Shodhan pranayama (Alternate nostril breathing technique)

Release accumulated stress, calm your mind, purify and balance your nadis (subtle energy channels) with this pranayama. The Nadi Shodhan pranayama also works therapeutically for many respiratory problems and helps counter the side effects of your de-addiction.



3. Bhujanagasana (Cobra pose)

The Cobra pose expands your chest and improves blood circulation. It reduces fatigue and is also very good for people with respiratory ailments. This yoga posture helps relieve stress and minimizes the urge of smoking.



4. Setu Bandhasana (Bridge pose)

The Bridge pose opens up the lungs, thus improving the flow of oxygen to the body. It also stretches various parts of the body, calms the mind, reduces anxiety, depression and stress and helps keep you away from smoking.



5. Shishuasana (Child pose)

The Child pose relaxes the body, calms down the nervous system and helps relieve the body from stress.



6. Trikonasana (Triangle pose)

The Triangle pose stretches and strengthens various parts of the body. This yoga posture helps strike a very effective physical and mental equilibrium balance in the body. It also reduces anxiety and stress, and helps you fight better the impulse to smoke.



7. Sarvangasana (Shoulder stand)

The Shoulder stand helps nourish the brain with more blood and is effectively calms it. It also helps relieve stress and depression, thus eliminating the urge of smoking.



8. Shavasana (Corpse pose)

The Corpse pose should be practiced in the end as it lets the body go into a deep, meditative state of rest and relieves stress. This yoga posture rejuvenates the body and also reduces blood pressure and anxiety.



When the mind is relieved and the body relaxed, smoking can effectively be kept at bay. Yoga is widely practiced in many countries

(3) Nicotine substitutes to help quit smoking

When you light up, it is only the nicotine that gives you the kick, but the rest of the smoke that causes damage. Actually, nicotine is not one of the cancer causing agents, it's simply the reason you crave a cigarette. So you could consider nicotine replacement products as ways to take in the nicotine without the rest of the cancer causing chemicals in cigarette smoke. These products come in several forms: **gum, patch, nasal spray, inhaler and lozenge.**

Nicotine substitutes treat the difficult withdrawal symptoms and cravings that 70% to 90% of smokers find their only reason for not giving up cigarettes. By using a nicotine substitute, a smoker's withdrawal symptoms are reduced. This lets you focus on the changes you need to make in your habits and environment. Once you feel more confident as a non-smoker, dealing with your nicotine addiction is easier. Of course, it's very important that you don't smoke while using nicotine replacement products. The nicotine contained in nicotine substitutes is absorbed differently compared to the nicotine in cigarettes, so the substitutes are much less addictive. And nicotine substitutes do not cause cancer.

While quite a large number of smokers are able to quit smoking without the help of nicotine substitutes, others find it difficult to be successful quitters. Such people can use nicotine replacement therapy and a support technique. Remember that it is important to make the decision to quit. Smokers who want to quit have a better chance of being successful.

Keep trying

Be prepared for relapse. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. Here are some difficult situations to watch out for:

- Alcohol - Avoid drinking alcohol. Drinking lowers your chances of success.
- Other smokers - Being around smokers can make you want to smoke.
- Bad mood or depression - There are a many ways to elevate your mood other than resorting to smoking.

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